

Guide for Grownups

Learn how to keep
your family safe at home



A safe home is in your hands.



FALLS



FIRES/BURNS



CHOKING/SUFFOCATION



POISONING



DROWNING

HSC would like
to thank the
following companies
for the generous
support they provide:



Thank you for taking the time for home safety today.

The Home Safety Council (HSC) is the only national non-profit organization solely dedicated to preventing home related injuries that result in nearly 20,000 deaths and 21 million medical visits each year. Through national programs, partners, and volunteers, HSC educates all people to keep them safer in and around their homes.

The Home Safety Council is a 501 (c)(3) charitable organization headquartered in Washington, DC. To learn more about the Council's programs, partnerships and resources visit the Home Safety Council at www.homesafetycouncil.org.

For more home safety fun and games with Rover that you can enjoy with your children, go to our kid-friendly website www.coderedrover.org.



Lowe's is the founding sponsor of the Home Safety Council and proud supporter of The Great Safety Adventure® (GSA). Through their generosity, GSA has reached more than 800,000 children and family members with hands-on home safety messages.



A special note from the Home Safety Council

Congratulations!

You've made a good decision to learn how to keep your family safer from injuries at home. The Home Safety Council cares about you and your family. That's why we're working hard to help you prevent injuries in and around your home. Through national safety programs like The Great Safety Adventure®, we're teaching children and families how to identify safety dangers and fix them before someone gets hurt. The Great Safety Adventure® makes learning easy and fun.

When you read this guide, you'll learn important Great Safety Adventure® information for grownups, along with lifesaving tips to prevent the most dangerous injuries in your own home. We'll show you simple steps you can take that will keep your family safer.

Preventing injuries at home is important for everyone. Each year, almost 20,000 people die from home injuries that didn't have to happen. But it doesn't have to be this way. With the right information, you can make sure home injuries don't happen to your family.

We believe that a safe home is in your hands. If you want to learn more ways to make your home safe, visit our Web site at www.homesafetycouncil.org. For family safety games and more, visit our kid-friendly Web site at www.coderedrover.org.

With our best wishes for a safe home,

Meri-K Appy

Meri-K Appy
President, Home Safety Council



Guide for Grownups



Falls Prevention

More than one million children are hurt by falls at home each year. Falls are the leading cause of nonfatal home injuries among children younger than 15. To make your home safer from falls:



Safe Stairway Tips

- Use bright lights at the top and bottom of stairs. Make sure hallways and dark areas in the home are well-lit. Use nightlights at night.
- Install handrails along both sides of stairs. They should go the full length of the stairway.
- In homes with babies and toddlers, use safety gates at the top and bottom of stairs.
- Keep stairs and pathways clear of clutter. Teach children to pick up toys and other items.



Safe Play Tips

- Use soft surfacing under and around all outdoor playground equipment (nine to 12 inches of wood chips, pea gravel, sand or synthetic material is recommended).
- Do not allow children to play on high porches, decks, fire escapes or balconies.





Safe Bathroom Tips

- Install grab bars in the tub, shower and near toilets. Use a rubber bath mat or non-slip strips in the tub.
- Wipe up spills and splashed bathwater promptly.

Safe Window Tips

- Place furniture away from windows so children won't fall from a window seat or sill.
- Use safety locks or guards on windows above the first floor. Window guards should have quick release buttons to allow for easy removal by an adult in case of a fire emergency.

Install grab bars in the tub, shower and near toilets. Use a rubber bath mat or non-slip strips in the tub.



To make our home safer from falls we will:



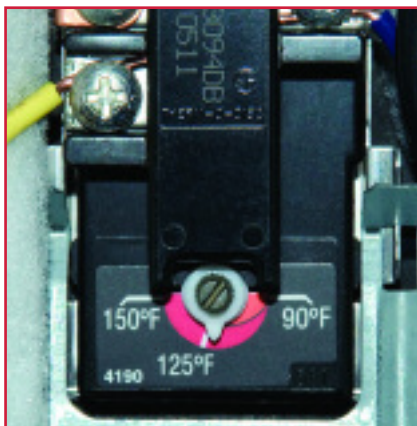
Fire/Burn Prevention

Fires and burns are the leading causes of unintentional home injury death among children younger than 15 in the United States. To make your home safer:

Fire Prevention Tips

- Store matches and lighters out of sight and reach of children in a locked cabinet.
- Stay in the kitchen at all times when food is cooking on the stove.
- Only adults should light candles and stay in the room when they are lit.
- Make a fire escape plan. Find two exits out of every room and an outside meeting place away from the home. Practice a fire drill twice each year with all members of your family.

Burn Prevention Tips



- Turn pot handles away from stove's edge and use back burners whenever possible to keep small hands from getting burned.
- Enforce a "kid-free zone" of three feet around the stove area.
- Test the temperature of your water. If it is hotter than 120 degrees F, turn down the water heater dial.
- If you or someone gets burned, immediately use cool water to stop the damage from getting worse.

Keep the burn in cool water for 3-5 minutes. Even after the heat source is removed, the burning in the skin can continue for several minutes. Do not use ice, ice water or butter on the burn.

Prevent burns--test the temperature of your hot water.

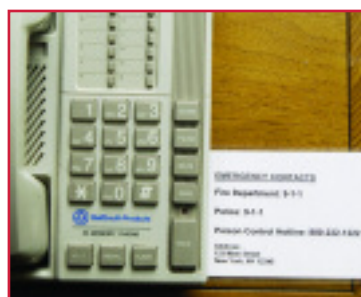
Be Prepared: Step-by-step Fire Escape Plan

In a home fire, you may have as little as three minutes to get everyone outside safely. Having working smoke alarms and practicing a home fire drill twice a year can save your life--and those you love. Here's what you can do:

- Keep anything that burns away from things that get hot. These include your stove, heaters, fireplace or candles.
- Make sure you have working smoke alarms on all levels of your home -- especially in or near sleeping areas.
- Test smoke alarm batteries by pushing the test button once a month. Put a new battery in your smoke alarm at least once a year.



Sit down with your family and draw a map of your home. Show all windows and doors. Draw a circle for each smoke alarm.



Post emergency numbers near every phone. Teach children to dial 911 in a real emergency. Teach them what their exact address is.



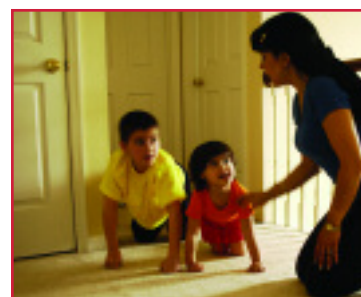
Push the button on the smoke alarm so everyone will know what sound it makes. When the button is pushed, the family pretends it is a real fire and practices their escape plan.



Feel around the door frame with the back of the hand for heat. If the door feels cool, it means it is safe to open it slowly. If the door feels warm, it may mean a fire is near and a second exit should be used.



After checking for heat, slowly open the door checking to be sure no smoke or flames are nearby and crouch or crawl out if you don't see smoke.



Crawling or crouching low under smoke is important because smoke rises. The air near the floor is safer because there is less smoke. Remember--get low and go.



Follow your plan to the nearest door and get outside fast. Do not go back inside. An adult can use a cell phone from the safe meeting place or from a neighbor's house.



Praise your children for doing such a great job.



After practicing the plan, post it on the refrigerator where everyone can see it.



Home Fire Escape Plan

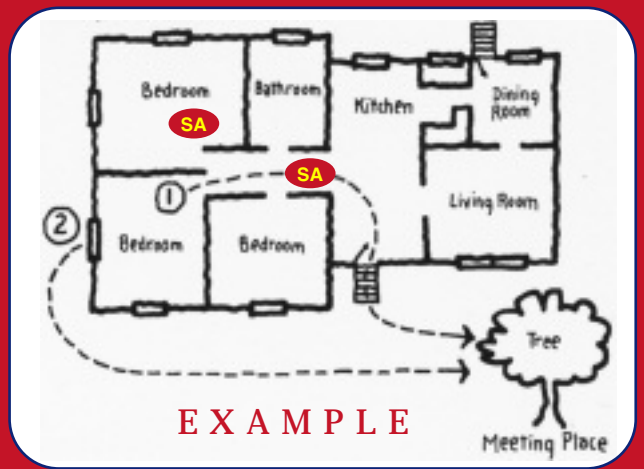
Grid area for drawing the home fire escape plan.



Our meeting place is: _____

FIRE DEPT. PHONE NUMBER: _____

Plan Worksheet



(SA) = Smoke Alarm

A safe home is in your hands.



Choking/Suffocation Prevention

Nearly 500 children younger than age 1 die each year in the United States as a result of home injury. Many of these are caused by choking and suffocation incidents. To keep young children safer, consider these helpful tips.

Safe Eating Tips

- Teach children about “safe eating” – it is always best to take small bites and sit down while enjoying your meal or snack. Don't feed toddlers or very young children round, hard foods such as hot dogs, raw carrots, grapes, peanuts or popcorn. Cut their food into small pieces to prevent choking.
- Your small child will explore the world by putting anything and everything into his or her mouth. NEVER leave small objects—toys, marbles, coins or other items in your child's reach, even for a moment.



- You can test to see if a small object is dangerous by dropping it into an empty toilet paper roll. If it falls through, the object is small enough to be a choking danger.
- Teach older children to put small items away so younger children who live in or visit your home won't pick them up and put them in their mouths.
- Parents and caregivers should be trained in emergency response to a choking child by

learning basic life saving skills--consider taking a course in basic first aid and CPR so you know what to do.

NEVER leave small objects—toys, marbles, coins or other items in your child's reach, even for a moment.

Safe Window Blind Tips

- Look at your window blinds. Inner and outer cord loops could pose a danger to children.
- If your window blinds have loops, they can easily be made safer by using a window blind repair kit or cut the loop into two separate cords and wrap them up out of a child's reach.
- Move furniture away from windows so young children can't get too close to the blinds.



Look at your window covering cords. Look for separate cords that do not form a loop. If you see a loop, cut the cord in two.



Wrap up the cords.



Tuck them up high out of a child's reach.

**Window blinds can be made safer by using a window blind repair kit.
Free window blind safety kits are available from Lowe's by calling
1-800-444-6742.**



To make our home safer from choking/suffocation, we will:



Poisoning Prevention

In 2003, more than 2.3 million poison exposures were reported to local poison control centers. More than half were to children under age 6. In a survey conducted by the Home Safety Council, adults in more than two-thirds of homes with young children reported household chemicals (e.g. cleaners, bleach, or kerosene) are stored in unlocked places. Learn how to reduce the risk of poisoning in your home.

Put the Poison Control Hotline number near every phone:

1-800-222-1222.

Poisoning Prevention Tips

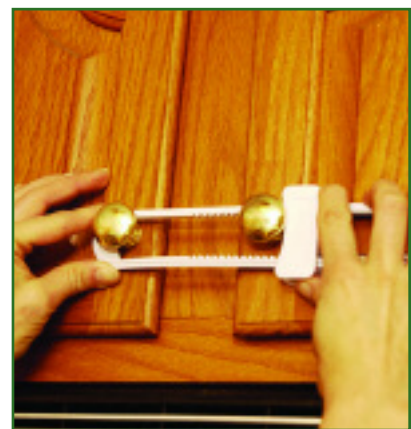
- Look around your home -- under the sink, in the garage, etc. -- for cleaning products and automotive fluids. Look at the label. Do you see the word “Caution”, “Warning” or “Danger” on the label?
- Keep all household poisons, chemicals, cleaning products and medicines in their original, labeled, child-resistant containers.
- Keep vitamins and medicines tightly closed and stored in locked cabinets out of children’s sight and reach.



Keep the labels on product containers so you know what’s inside. Look for CAUTION, WARNING or DANGER on the label. These products could be dangerous.



Store these kinds of products in high places where children can’t see them. These products should have special lids that make it harder for children to open them.



Lock them up! Homes where young children live or visit should have child locks on the cabinets.



What you should know about carbon monoxide--

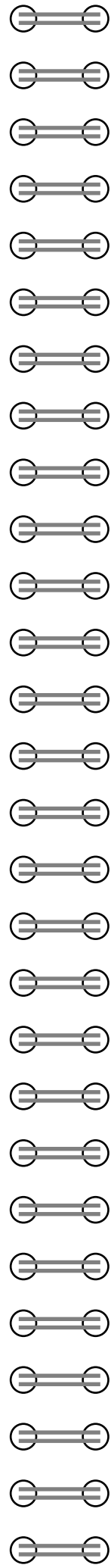
- Carbon monoxide (sometimes called CO) is a poison that you can't see, smell or taste. CO is produced by fuel-burning appliances and equipment in our homes. If you have heating, cooking or power equipment that uses fuels such as oil, natural gas, coal, wood, propane or gasoline, then your home is at risk for potential CO poisoning. Homes with attached garages are also at risk,

because cars and trucks left running in the garage can cause CO to seep into the home.

- Symptoms of CO poisoning are similar to symptoms of the flu. These can include headache, dizziness, nausea and shortness of breath.
- CO poisoning can be prevented by proper care and use of household appliances and equipment.
- CO alarms can provide early warning if there is too much CO in your home. Place an alarm outside each area where people sleep.
- Sound the CO alarm and your smoke alarm so your family hears the difference between the two alarms.
- If your CO alarm goes off or you think you have a problem with CO in your home, get outside and call for help. Usually this is your local fire department or 9-1-1. Keep all emergency response numbers posted by every telephone.
- Do not use gas appliances such as ranges, ovens or clothes dryers for heating your home.
- Do not use generators in an enclosed area, such as in a home or garage.



To keep our home safer from poisoning we will:



Drowning Prevention

Young children are at greatest risk of drowning; the death rate for drowning is highest among children younger than age 5. About one third of drownings at home occur in the bathtub. But any standing water can be dangerous--in a pool, toilet, bucket or other places.




Water Safety Tips

- Never leave children alone near water – not even for a moment.
- Know that small children can drown in just an inch or two of water. When children are near the tub, toilet, buckets or pools, stay close enough to reach over and touch them.
- Always drain water from sinks and tubs after use. Also turn wading pools and buckets over after you've finished using them.
- Be sure your pool area is surrounded by a five-foot fence or wall on all four sides of the swimming pool. The gate of the fence should close and latch by itself.
- If your child visits a home with a pool, make sure it is safe. Grownups should be watching the children every minute.
- Children who are very young should also be closely watched by a grownup while bathing. The grownup should be close enough at all times to reach out and touch the child.
- Parents and caregivers should be trained in emergency response to a drowning child. Learn basic life saving skills—consider taking courses in basic first aid and CPR so you know what to do.

NEVER leave children alone near water - not even for a moment.

NEVER swim alone. Even adults should swim with a buddy.

Pool Safety Tips

- Never prop open or disable a pool gate or latch.
 - Keep a cordless, water resistant telephone near the pool with emergency numbers posted.
 - Keep rescue equipment close to the pool area.
- 
- Use plastic eating and drinking utensils around the pool area. Glass can break and could cause an injury.
 - Store pool chemicals in a dry place away from other items and heat sources--and always lock up pool chemicals out of children's reach.
 - Never swim alone. Even adults should swim with a buddy.



To make our home safer from drowning we will:



www.homesafetycouncil.org

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